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AUTHOR Cagle, Allyson; Shannon, Cheryl
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ABSTRACT

The paper describes the pre-discharge program for chronically mentally ill patients at East Mississippi State Hospital and outlines program curriculum units. The program's requirements for admission, enrollment capacity, length of stay, program standards (on such matters as referral, assessment, and case records) and the typical activity schedule are summarized. The curriculum guide outlines subtopics, materials, and resources for 18 units: health and hygiene; communication with others; coping skills; religion; medication management; nutrition, cooking, and table manners; home management; recreation and leisure time; transportation; practical living skills; comparative shopping; consumer economics; mail order buying; money management; government and law; community resources; job skills; normalizing skills; and sexuality. (CL)

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CURRICULUM GUIDE

for the

Chronic Mentally Ill

in the

PRE-DISCHARGE PROGRAM

at

EAST MISSISSIPPI STATE HOSPITAL

July 30, 1983

Allyson Cagle
Cheryl Shannon

EC 171111

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I. Health and Hygiene
   A. Personal Cleanliness
      1. Male and female hygiene
      2. Hand and nail care
      3. Teeth and denture care
      4. Feet care
      5. Hair and scalp care
      6. Clothing
      7. Sanitation habits
      8. Ear care
      9. Eye care
      10. Makeup techniques
   B. Keeping fit
      1. Daily exercises
      2. Habits for keeping fit
   C. Safety
      1. First aid procedures
      2. Emergency phone number
      3. First aid kit
      4. Emergency preparation
   D. Materials
      1. Handouts
         a. Help! First Steps to First Aid
         b. Home, Health, and Sanitation
         c. Your Healthy Body
      2. Personal Grooming Series: Need a Doctor?
      3. Films
         a. "Male Hygiene"
         b. "Female Hygiene"
         c. "Basic First Aid"
         d. "First Aid Action"
         e. "Help! This is an Emergency."
   E. Resources
      1. Security
      2. Nursing Services
      3. Fire Department
      4. Meridian Junior College Training Staff

II. Communicating with Others
   A. Conversational skills
      1. Forms of communication
      2. Communicating effectively
      3. Friendships
   B. Materials: Communicating with Others, Behavior Learning Therapy tapes
   C. Resources: Training Staff

III. Understanding Yourself - Coping Skills
- A. Mental Illness
  1. Definition
  2. Description of diagnoses
  3. Defense mechanisms
  4. Diagnostic procedures and treatment
  5. Discussion of individual human needs
- B. Substance Abuse
  1. Stress management
  2. Relaxation therapy
  3. Reality therapy
  4. Assertiveness training
  5. Motivation
  6. Self-control
  7. Anger
  8. Failure
  9. Rejection
  10. Crises
  11. Anxiety
  12. Affection/love
- C. Materials
  1. Understanding Yourself
  2. Behavior Learning Therapy tapes
  3. Your Perfect Right
- D. Resources
  1. Psychology Department
  2. Alcohol and Drug Services
  3. Meridian Police Department
  4. Weems Mental Health Center
  5. Chaplains

IV. Religious Discussion
- A. Values and responsibilities
- B. Assistance with individual situations
- C. Models for healthy religion
- D. Resources: Chaplains

V. Medication Management
- A. Anti-psychotic medications and their use
- B. Side effects of medications and what to do when they occur
- C. Principles of taking medicines
  1. Following directions
  2. Taking correct dosages
  3. Meaning of abbreviations
- D. Importance of continuing medication use
- E. Discussions of over-the-counter drugs
- F. Materials: Practical Drug Series--Reading and Following Directions
- G. Resources: Nursing Service

VI. Nutrition, Cooking and Table Manners
- A. Basic four food groups
- B. Basic kitchen equipment
- C. Kitchen sanitation
- D. Mechanics of developing a market order
- E. Principles of cookery
  1. Preplanning
  2. Preparation
  3. Actual cooking and serving
  4. How to set a table
- F. Table manners and conversation
- G. Discussion of special diets
- H. Materials
  1. Posters
  2. Handouts
  3. Cookbooks
  4. Kit: "Frying and Cooking"
  5. Food Preparation
  6. Buying Guides
  7. Kit: "Nutrition"
- I. Resources
  1. Dietary Staff
  2. Training Staff

VII. Home Management
- A. Personal standards and home care
- B. Organizing for cleaning
- C. Products available
- D. Consumer decision-making related to home care products
- E. Getting the job done
  1. Care of floor and walls
  2. Care of windows and curtains
  3. Care of kitchen and bathroom equipment
  4. Care of furniture
- F. Dishwashing
- G. Laundering and ironing
- H. Materials
  1. Kit: "Learning about Laundering and Caring for a Home"
  2. Kit: "Clothing Care"
- I. Resources
  1. Training Staff
  2. Housekeeping

VIII. Recreation and Leisure Time
- A. Introduction and definition of leisure time activities
- B. Community recreational resources
- C. Recreational program through Occupational Therapy twice a week
- D. Resources
  1. Occupational Therapy
  2. Community agencies

IX. Transportation
- A. Methods and costs
- B. Ways to cut cost of transportation
- C. Materials
  1. Getting Around Cities and Towns
  2. Reading Schedules
  3. "Using Public Transportation"
  4. Bus schedules
  5. Telephone book
- D. Resources
  1. Meridian Transit System
  2. Training Staff

X. Practical Living Skills
- A. Introduction
- B. How to read parts of a newspaper
- C. How to use the newspaper classifieds
- D. How to use a telephone book
- E. Daily discussion of current events
- F. Reading schedules
- G. Reading and following directions
- H. Materials
  1. Using the Phone Book
  2. Reading Schedules
  3. Using the Want Ads
  4. Reading and Following Directions
  5. Reading the Newspaper
  6. Getting Around in Cities and Towns
  7. Films: "Functional Reading Series"

XI. Comparative Shopping
- A. Introduction
- B. Comparing products
- C. Comparing stores
- D. Comparing packages
- E. Units of measurement
- F. Comparing sizes
- G. Finding prices per unit
- H. Quality
- I. Six ways to compare
- J. Resources
  1. Training Staff
  2. Mall and other stores

XII. Consumer Economics
- A. How to Buy Wisely
  1. Planning
  2. Mood shopping
  3. Sales
  4. Smart food shopping
  5. How to buy clothing
- B. "Buyer beware" skills

XII. C. Mail order buying
D. Credit
E. How to read advertisements
F. Materials
1. Be Ad-Wise
2. Family Money Management
3. Buying Guides
4. Kits
1. "Consumer Advertising"
2. "Consumer Choice"
5. Films
1. "Buyer Beware" series
2. "How to Buy"
4. Life Skills Series
5. Worksheets and handouts
G. Resources
1. Training Staff
2. Shopping Center

XIII. Money Management
A. Recognition of coins and currencies
B. Sources and amounts of individual incomes
C. Budgeting
D. Banking
E. Materials
1. Pay Buy Check
2. Family Money Management
3. The Bank Book
4. Budgeting
5. Knowing How to Budget and Buy
6. Master Your Money
7. Worksheets and handouts
F. Resources
1. Training Staff
2. Bank employee

XIV. Government and Law
A. Family and Its Legal Rights
B. Family and Its Legal Responsibilities
C. Materials
1. Being an Informed Citizen
2. Eye Gate Series
a. "The Family and Community
b. "The Family and Its Legal Rights"
c "The Family and Its Legal Responsibilities"
d. "Protecting What the Family Has"
D. Resources
1. Meridian Police Department
2. Legal Services
3. Training Staff

XV. Community Resources
- A. Ways to find out about resources
  1. Telephone
  2. Newspaper
  3. Televsion
  4. Radio
- B. Services of various public agencies
- C. How to acquire services of agencies
- D. Materials
  1. Using Community Resources
  2. Life Skills: "Community and Emergency Services"
  3. Telephone book
  4. Newspaper
  5. Information
     a. Agencies
     b. Handouts
- E. Resources
  1. Community agencies
  2. Training Staff

XVI. Job Skills
- A. Knowing yourself
  1. Capabilities, trades
  2. Needs
- B. How to find job opportunities
- C. Preparing for the Interview
- D. Keeping a job
- E. Wages and deductions
- F. Losing a job and what to do
- G. Materials
  1. How to Get and Keep a Job
  2. Don't Get Fired
  3. Getting a Job
- H. Films
  1. "The First Paycheck"
  2. "Applying for a Job"
  3. "The ABC's of Getting and Keeping a Job"
- I. Handouts
- J. Resources
  1. Mississippi Employment Service
  2. IRS
  3. Training Staff
  4. Newspaper

XVII. Normalizing Skills
- A. Personal item shopping
- B. Grocery shopping
- C. Selecting and eating out in a restaurant
- D. Cultural enrichment

XVII. E. Materials
1. Film: "Selecting and Eating out in a Restaurant"
2. Handouts

F. Resources
1. Meridian Junior College
2. Community Stores
3. A restaurant
4. Training staff

XVIII. Sexuality

A. Aspects of Relationships
1. Different kinds
2. Reasons
3. Individual responsibility within a relationship

B. Dating behavior

C. Sex Roles and Role Behavior

D. Venereal Disease

E. Materials
1. SAIL Program
2. Filmstrips

F. Resources
1. Health Department
2. Training Staff

EAST MISSISSIPPI STATE HOSPITAL PRE-DISCHARGE TRAINING PROGRAM

I. PURPOSE AND PHILOSOPHY OF PROGRAM:

The Pre-Discharge Training Program is designed for psychiatric patients preparing for discharge from EMSH. The purpose of the program is to facilitate the transition from institutionalized living to community living by teaching residents certain skills they now lack that are necessary for successful living in the community. The program provides an opportunity for the development and enhancement of these skills prior to the patient's discharge from the hospital.

The program is based on the philosophy that each person has a right to the least restrictive and most therapeutic living arrangement possible consistent with available supports. Clients are treated as individual people commanding respect and dignity. They enter into an agreement with staff personnel to prepare themselves for more self-directed living in the community. They are helped to realize that cooperation and effort are necessary on their part, but that expertise, support, and encouragement are available from staff personnel.

II. GOALS, OBJECTIVES AND ACTIVITIES:

A. Goals:

1) The goals of the program are:

   a. To provide a period of individualized training to hospital residents who seem to have the potential for successful living in an appropriate community living arrangement;

   b. To help trainees secure the least restrictive and most therapeutic living arrangement possible in the community after discharge from the hospital;

   c. To enable trainees to negotiate available community support systems.

B. Objectives:

The objectives of the program are to teach those skills that trainees need in order to attain the goals of the program. Trainees receive instruction and practice according to individual need and capacity in the acquisition of the following skills: Health and Hygiene, Communication Skills, Coping Skills, Religious Discussion, Medication Management, Nutrition, Cooking and Table Manners, Home Management, Recreation/Leisure Time Skills, Transportation, Practical Living Skills, Comparative Shopping, Consumer Economics, Money Management, Government and Law, Community Resources, Job Skills.

C. Activities:

The objectives of the program are attained through the following activities:

1) Health and Hygiene:

Developing and practicing good hygiene habits and habits for keeping fit, and learning first-aid and safety procedures.

2) Communication Skills:

Developing, practicing, and using effective verbal and non-verbal communication.

3) Coping Skills:

Developing an understanding of self through knowledge of mental illness, learning and using coping skills to effectively deal with emotions, discussion of substance abuse.

4) Religious Discussion:

Discussion of healthy dimensions of religious principles.

5) Medication Management:

Learning how to secure prescribed medication, to adhere to medication regimen, to acquire knowledge of medication side-effects, to self-administer prescribed medication, to adhere to prescribed diet.

6) Nutrition, Cooking, and Table Manners:

Developing knowledge of and practicing good nutrition, shopping for food, preparing meals, kitchen sanitation, table manners, and principles of cookery.

7) Home Management:

Acquiring a working knowledge of personal standards of home care, maintaining a home - doing laundry, making beds, cleaning up, etc.

8) Recreational/Leisure Time Skills:

Learning how to relax, to acquire good recreational habits, to identify and avail of appropriate recreational opportunities and outlets in the community.

9) Transportation:

Learning how and practicing use of public transportation.

10) Practical Living Skills:

Learning how to appropriately use newspaper, telephone, and to be able to read and follow directions.

11) Comparative Shopping:

Developing and practicing good shopping skills through comparing units of measurements, quality, price/unit.

12) Consumer Economics:

Learning and practicing how to buy wisely.

13) Money Management:

Learning how to apportion and manage income to meet needs, balancing and maintaining a checking account.

14) Government and Law:

Developing knowledge of legal rights and responsibilities as a citizen.

15) Community Resources:

Learning various resources available in the community such as Community Mental Health Center, learning how to make application for benefits, food stamps, Medicaid, applying for most therapeutic, least restrictive post-hospital residential arrangement.

16) Job Skills:

Becoming familiar with job opportunities, how to get and keep a job.

III. PROGRAM DESCRIPTION:

The Pre-Discharge Training Program is designed for psychiatric patients who are preparing for discharge from East Mississippi State Hospital. This is a live-in program with eight semi-private rooms. Patients are responsible for upkeep and cleaning of bedrooms, bathrooms, and designated living areas.

A. Requirements for Admission:

1) Age 18 and over

2) Presentation by Unit Treatment Team and acceptance by Deinstitutionalization Committee (after consultation with Unit Co-ordinator).

3) No recent history of alcohol or drug abuse, homicidal or suicidal behavior, or extreme anti-social behavior.

4) Some desire and motivation to return to community living.

5) Exhibited potential for the development of self-care and socialization skills and for continued residence outside the hospital.

6) Willingness to abide by the regulations of the Unit.

B. Enrollment Capacity:

Approximately eighteen (18) residents are served at any one time.

C. Length of Stay:

Length of stay in the program varies according to each individual's progress and level of functioning, as well as on the availability of appropriate community supports. However,

the program is designed and set up on a six month curriculum, beginning with basic skills and building to more difficult skills.

D. Program Standards:

1) The Unit Director is a Master Level social worker.

2) Program components are provided through Meridian Jr. College. The college provides one Life Coping Skills Instructor 21 hours a week. Certain other hospital disciplines, i.e., Chaplain, Dietary, Nursing, and Social Service, provide specialized services according to need.

3) Each prospective client is presented by the client's Treatment Team to the Deinstitutionalization Committee, who, after consultation with the Unit Director, accepts or rejects the client.

4) At the time of referral to the program, the Treatment Planning Teacm presents an updated Social History, a Patient Profile, a Service Plan, and a Report on Patient level of Functioning Difficulties.

5) A Daily Living Skills Inventory and an academic inventory in reading and math identifying those skills which each patient needs to acquire is completed immediately on the client's acceptance into the program.

6) Periodic progress notes are written in each client's chart by members of the various disciplines.

7) A monthly assessment and a final report on each client's progress are completed by the Unit Director.

8) Generally, clients eat meals in the Administration Dining Room. However, a small group may prepare a meal and eat in the Training Unit as part of their skills training.

9) Clients are required to participate according to their needs and abilities in all program activities.

10) Clients are informed that they are expected to accept responsibility for their behavior. They receive regular reinforcement for appropriate behavior and are reminded that bizarre and erratic behaviors are self-defeating and detrimental to acceptance into the community.

11) Client Case Records: Client charts are kept locked in the Training Unit, and are made available only to authorized personnel.

E. SCHEDULE OF ACTIVITIES:

8:30 - 9:00 a.m.	Daily planning and Organizational Session, Room check.
9:00 - 10:00 a.m.	Training Session
10:00 - 10:30 a.m.	Break
10:30 - 11:30 a.m.	Continuation of Training Sessions
11:30 - 1:00 p.m.	Lunch and Medicines
1:00 - 1:30 p.m.	Current Events
1:45 - 2:30 p.m.	Group Therapy, Training, Individual Therapy
2:30 - 3:30 p.m.	O.T.
3:30 - 4:00 p.m.	Individual Counseling, etc.

IV. PROGRAM EVALUATION:

The Pre-Discharge Training Program is evaluated on bi-annual basis. The evaluation focuses on client impact of the services provided as measured by the achievement of the goals and objectives set forth by the program for each client. This achievement can be ascertained from the regular progress notes made by members of the various professional disciplines, pre and post-testing of academic and daily living skills, and from the monthly assessments and final reports completed on each client by the Program Co-ordinator.